



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>4</p> <p>Penne Pasta w/ Red Meat Sauce & Garlic Knot</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Mixed Veggies</p>	<p>5</p> <p>Cinco De Mayo</p> <p>Walking Taco w/ Doritos & The Fixings</p> <p>Ham & Cheese On A Pretzel Bun</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>6</p> <p>French Toast w/ Turkey Bacon & Syrup</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Smiley Potatoes</p>	<p>7</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>	<p>8</p> <p>Half Day No Lunch</p>
<p>11</p> <p>Meatball Sub on A Torpedo</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Green Beans</p>	<p>12</p> <p>Chicken & Cheese Quesadilla</p> <p>Ham & Cheese On A Pretzel Bun</p> <p>FEATURED VEGGIES Corn & Black Bean Salsa</p>	<p>13</p> <p>Belgian Waffle Sticks w/ Turkey Sausage Patty & Syrup</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Hash Brown Rounds</p>	<p>14</p> <p>Chicken Nuggets w/ A Biscuit</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES Lemon Parmesan Broccoli</p>	<p>15</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>18</p> <p>Pizza Crunchers</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>19</p> <p>Twin Chicken Soft Tacos</p> <p>Ham & Cheese On A Pretzel Bun</p> <p>FEATURED VEGGIES Refried Beans</p>	<p>20</p> <p>Mini Chocolate Chip French Toast w/ Turkey Bacon & Syrup</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Tots</p>	<p>21</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>	<p>22</p> <p>Half Day No Lunch</p>
<p>25</p> <p>Cheeseburger On A Bun</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>26</p> <p>Walking Taco w/ Doritos & The Fixings</p> <p>Ham & Cheese On A Pretzel Bun</p> <p>FEATURED VEGGIES Mexicali Corn</p>	<p>27</p> <p>Confetti Pancakes w/ Turkey Sausage Patty & Syrup</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Hash Brown</p>	<p>28</p> <p>Chicken Tenders w/ Mac & Cheese</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES Honey Glazed Carrots</p>	<p>29</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate,, fat-free strawberry

Daily Alternates

Cereal Grab & Go

PB&J Grab & Go

Your Team

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Meal Prices

Student Lunch	\$3.35
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

